

A Day of Kindness with Pip the Caterpillar

Learning objective: To understand the Buddhist value of 'Metta' (loving-kindness) and how it helps us treat others well.

Pip the Caterpillar is learning about Buddhism. Buddhists believe in being kind to all living things. Look at the situations below. Sort them into 'Kind Actions' or 'Unkind Actions' by drawing a line from the sentence to the correct basket. Then, write one way you can show kindness today.

Word bank: Kindness · Buddhism · Sharing · Helping · Thinking · Friendship

1. 1. Helping a friend who has fallen over. (Is this Kind or Unkind?) (1 mark)

2. 2. Taking a toy without asking. (Is this Kind or Unkind?) (1 mark)

3. 3. Sharing your lunch with someone who forgot theirs. (Is this Kind or Unkind?) (1 mark)

4. 4. How can you show 'Metta' (kindness) to a classmate today? Sentence starter: I can show kindness by... (2 marks)

Draw: Draw a picture of Pip the Caterpillar doing something kind for another forest animal.



Extension challenge: Talk to a partner about a time someone was kind to you. How did it make you feel?